

Today's issue of PD

Pharmacy Daily today features three pages of news, plus full pages from:

- Differin
- Glucojel

Retinoid action

DIFFERIN Acne Treatment contains the potent retinoid Adapalene to treat and prevent acne and restore the skin's natural texture and tone.

Available over the counter - learn more on **page four**.

Back the bid

GLUCOJEL has teamed up with Netball Australia in its bid for the game's inclusion at the Brisbane 2032 Olympics.

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See **page five** for details.

Gongs for leaders in pharmacy education

THE Australian Pharmacy Council (APC) has announced the four recipients of the 2025 APC Dr Erica Sainsbury awards, which were presented at the Emeritus Lloyd Sansom AO Distinguished Lecture Series in Canberra last night.

Dr Joon Soo Park, Senior Research Fellow in Pharmacy at the University of Western Australia, was recognised with the Early Career Pharmacy Educator Award for his innovation and passion in teaching.

The Pharmacist Supervisor Awards, which recognise and reward pharmacists who display the attributes and skills considered invaluable in the training of interns, were presented for community, hospital, and regional health service pharmacy.

Sophie Jahnecke, a regional health service pharmacist with Barwon Health, was nominated by three of her interns, with one noting Jahnecke showed commitment to the pharmacy profession "through

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passionate teaching, empowering them to evolve professionally".

The hospital pharmacist supervisor award was presented to Hala Musa of the Chris O'Brien Lifehouse Hospital.

Musa was lauded by the nominating intern for motivating them by consistently "exemplifying the highest standards of professionalism, practising ethically, legally, and with deep compassion".

The community pharmacy winner, Ramy Sourial of Chemist Warehouse, was nominated by three of his interns, one of whom highlighted the welcoming and inclusive environment Sourial created.

APC Chair, Professor Sarah Roberts-Thomson, said she was pleased to honour the recipients of the Dr Erica Sainsbury Awards.



"These individuals reflect the spirit of Dr Sainsbury's legacy - innovative in their teaching, committed to their interns and unwavering in their focus on supporting competent, confident pharmacists," said Professor Roberts-Thomson.

"Their contribution enhances the quality and integrity of pharmacist training across Australia."

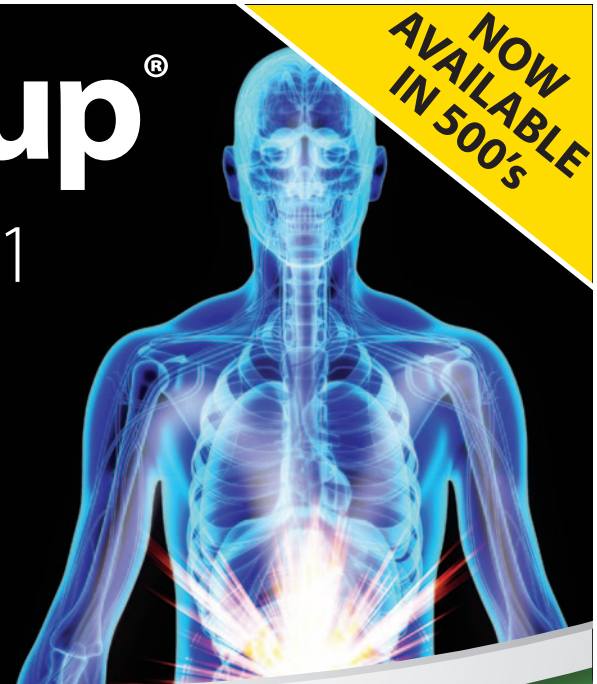
Pictured: Sophie Jahnecke, Ramy Sourial, Hala Musa, and Joon Soo Park.



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Senior Ahpra appointments

THE Australian Health Practitioner Regulation Agency (Ahpra) has announced the appointment of two experienced health executives to senior leadership roles.

Nicole Brady will lead the Corporate Affairs and Regulatory Governance directorate, bringing considerable executive experience managing complex reform initiatives across the Victorian health sector where she works with the Department of Health.

She will commence the position in late Jan 2026, with Alessandra Peck to continue acting in the role until then.

Helen Townley will lead the Health Workforce directorate, having held the role in an acting capacity since Sep.

Coming to the role with a legal and policy background, she has worked in the National Scheme since 2011 and was most recently National Director of Policy and Accreditation.

The roles will report to Ahpra CEO Justin Untersteiner.

"Nicole and Helen bring proven leadership and deep health system expertise to Ahpra," Untersteiner said.

"Their appointments will significantly enhance our capacity to deliver meaningful reforms and guide the National Scheme confidently through its next chapter," he added.

HPV vax and screening decline

FALLING HPV vaccination and cervical screening rates are putting elimination of cervical cancer in Australia at risk, according to the latest annual report by the NHMRC Centre of Research Excellence in Cervical Cancer Control.

The report found there was not a single documented case of cervical cancer among women under 25 across Australia in 2021 - the latest available data - demonstrating the efficacy of Australia's HPV (human papillomavirus) vaccination program which began in 2007.

"This reflects the effectiveness of human papillomavirus immunisation, which was introduced in 2007," said co-author Associate Professor Megan Smith from the University of Sydney's Cancer Elimination Collaboration.

"While this is a great result, the key to reducing cervical cancer burden in unvaccinated populations is screening and improved targeting of services to disadvantaged groups, such as First Nations people, who experience far higher incidence and mortality rates than the general population."

The team also highlighted concerns about overdue HPV testing, affecting one in four women aged 35-39, and one in two aged 25-29.

"We are seeing some improvements, including in the 35- to 39-year-old age group, even in very remote areas," Associate Professor Smith said.

"But with 15% of that age group having never had a screening test in their lifetime, and only 50% of 25- to 29-year-olds being up to



date with screening, we need to promote tailored strategies such as HPV self-collection," she explained.

Similarly, there has been an incremental decline over recent years in HPV vaccine coverage by the age of 15, falling more than 6 percentage points to just under 80% from a peak of almost 86% in 2020 among both girls and boys. Associate Professor Smith said that with the vast majority of all cervical cancers caused by human papillomaviruses, vaccines and HPV-based cervical screening are essential to meeting the goal of eliminating the cancer as a public health problem by 2035.

Co-author Julia Brotherton, Professor of Cancer Prevention Policy at the University of Melbourne, emphasised the importance of all young people being vaccinated against HPV.

"Parents should think of this as a gift they can give their child to protect them for their lifetime," said Professor Brotherton.

"And I urge all young people who missed out at school, for whatever reason, to talk to their GP, nurse or pharmacist about accessing their free catchup dose."

Read the report [HERE](#). KB

Training platform

ONLINE pharmacy training company Ilnrx has launched a new B2B learning experience platform for pharmacy banner groups and pharmaceutical companies, helping them deliver training and medical information through their own branded hubs and apps.

According to the brand, the new platform replaces generic systems with a modern platform designed specifically for how pharmacy teams learn and work, backed by real-time analytics and industry-specific compliance backing.

"At Ilnrx, we built the platform we always needed as pharmacists," said Krysti-Lee Patterson, Founder and CEO of Ilnrx.

"For pharmacy groups and pharmaceutical companies, education must be scalable, compliant, and simple for teams to complete.

"Ilnrx delivers enterprise-level capability while keeping the end-user experience front and centre - that combination is what drives real adoption and real outcomes," she added.

The platform offers a single, network-wide environment that supports multi-site capability uplift and compliance.

Banner groups can also standardise onboarding, clinical training, operational education, and QCPP-aligned programs while maintaining visibility, said Ilnrx.

Click [HERE](#) for more.

Check out the latest in

Beauty & Wellness

Every Thursday in *Pharmacy Daily*





Dispensary Corner

A 26-YEAR-OLD American influencer and reality TV star with Tourette's Syndrome (TS) is using her public platform to share her experiences of living with the condition with mainstream audiences.

In a recent video, Olivia Woodrich showed how she has learnt how to drive safely even though she suffers from tics, which occasionally mean she needs to twitch or look backwards for several seconds.

"I've learnt how to safely drive with my tics - I think a lot of people don't realise that you can drive with TS," she said.

"I know some individuals [who have TS] don't drive as their tics are too dangerous but most of us drive safely every day"

"I try not to let my neck stretch tic out when I'm not at a spotlight as I am looking away from the road."

Woodrich added that when she feels a tic coming on, she either pulls over or waits until she is at a spotlight.

"I don't drive on the highway for this reason as there is nowhere to pull over if I need to," she said.

Woodrich listens to music when she is in the car, which helps her focus and relax, as stress, anxiety, excitement and being sick can all contribute to making the tics worse.

"I'm very aware of safety concerns which is why I'm mindful of my tics and trying to manage them," she said.

"It's no different to someone driving looking over at a passenger or sneezing."

T2D drug helps with type 1 diabetes

RESEARCHERS at the Garvan Institute have discovered that metformin, a drug typically used in type 2 diabetes, reduces insulin needs in type 1 diabetes, opening the door for improved management of the condition.

Doctors have long prescribed metformin off-label to treat insulin resistance in type 1 diabetes, based largely on anecdotal evidence.

But a new clinical trial led by the Garvan Institute of Medical Research has found that metformin does not counteract insulin resistance in type 1 diabetes - however, it reduces the amount of insulin needed to maintain blood sugar levels in the ideal range.

The researchers pointed out that managing blood sugar levels with insulin is mentally and physically demanding, with long-term use of insulin leading to insulin resistance in some people.

This in turn requires people to use ever-increasing amounts of insulin to keep blood sugar levels under control.

"Insulin resistance is a growing problem in type 1 diabetes," said endocrinologist and study co-lead Dr Jennifer Snaith.

"Not only does it make regulating blood sugar levels difficult, but it is an underappreciated risk factor for heart disease, which is one of the biggest causes of health complications and deaths in those with type 1 diabetes," she explained.

The team randomised 40 adults with long-term type 1 diabetes to take either metformin or a placebo for six months, then examined whether their insulin resistance changed over that time.

Unexpectedly, the team found that the use of metformin did not lead to improvements in insulin resistance

or changes to blood sugar levels, suggesting that unlike for type 2 diabetes, metformin does not work to counter insulin resistance in type 1 diabetes.

However, metformin decreased the amount of insulin people needed to keep their blood sugars stable by 12%.

"This is an important result," said Dr Snaith.

"Insulin is a relatively old treatment which, while lifesaving, comes with significant mental and physical burden [and] lowering the amount of insulin used is a priority for many people living with type 1 diabetes," she continued.

"We have shown that a very cheap, accessible medication may serve this purpose and this is very exciting," she concluded.

The team is now looking into a potential mechanism for metformin's effect in type 1 diabetes, with the gut microbiome



an initial target for investigation.

"There is increasing evidence suggesting that metformin may act on the gut [which] is why we are now investigating how metformin changes gut flora, also known as the microbiome, in people with type 1 diabetes," said Dr Snaith.

"We're hoping this will provide clues on metformin's mechanism of action, so that it can be more widely used in the management of type 1 diabetes," she added.

The study was published today in *Nature Communications* [HERE](#). KB

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Differin treats acne

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Differin is the first (and only)¹ acne fighting retinoid available over the counter.

Adapalene works in three ways:^{2,3}

1 Treats

acne deep in the pores at the source, to reduce redness and underlying inflammation

2 Prevents

new acne from forming by increasing cell turnover

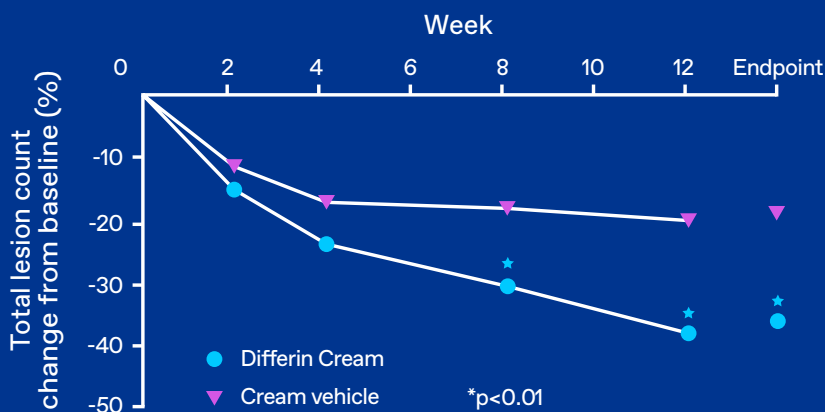
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- As effective as tretinoin (0.025%) cream in reducing total lesion count at 12 weeks
- Superior in local tolerability compared to tretinoin (0.025%) cream⁵

Who can be recommended Differin?

- Differin is indicated for the treatment of mild to moderate comedonal and papulopustular acne (blackheads, whiteheads & pimples) of the face, chest or back
- Can be recommended from 12 years to adult
- Breastfeeding – can be used however should not be applied to the chest
- Pregnancy – don't use

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Apply a thin film to the affected areas once a day before bedtime and after washing. Avoid the eyes, lips and mucous membranes. The affected areas should be dry before application.

1. ARTG listing as at 15th October 2023. 2. Differin® Gel & Cream Consumer Medicines Information 2020. 3. Gollnick H et al. J Am Acad Dermatol 2003; 49(1 Suppl): S1+ S37). 4. Lucky A et al. Cutis 2001; 68 (4 Suppl): 34–40). 5. Cunliffe WJ et al. A comparison of the efficacy and tolerability of adapalene 0.1% gel versus tretinoin 0.025% gel in patients with acne vulgaris: a meta-analysis of five randomized controlled trials. Br J Dermatol. 1998 Oct; 139 Suppl 52:48–56. Galderma Australia Pty Ltd. 1 Denison St, North Sydney, Australia 206. AU-DIC-2500001

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